

Amendments to the Specification:

Please amend the following paragraphs from the original specification:

On page 3 of the original specification, please insert the following new paragraph between the paragraph ending, “. . . in the direction of arrows 4-4 in Fig. 3” and the beginning of the section entitled, “*Detailed Description of the Embodiment*”:

FIG. 4A is an enlarged detailed view of a portion of FIG. 4 showing the attachment of a single bumper in the throwing and catching training apparatus of the present invention.

On page 5 of the original specification, please amend the following two paragraphs as indicated below:

Under the section entitled, “*Detailed Description of the Embodiment*,” paragraph 4, please make the following changes:

To maintain the target panel 12 in an upright position, the support structures 18 are preferably mounted on opposite sides of the target panel 12. The support structures 18 are fabricated from a polymeric material, such as a molded plastic, thereby making the support structures 18 high strength, lightweight, and relatively inexpensive. ~~The~~ Each of the support structures 18 ~~have~~ has a substantially triangular configuration having a horizontal leg 32 that extends along the ground substantially perpendicular to the target panel 12, a vertical leg 34 that extends adjacent ~~sides~~ to a side of the target panel 12, and a cross member or angular leg 36 that extends at an angle between one end of the vertical leg 34 and one end of the horizontal leg 32. The horizontal leg 32, vertical

leg 34, and the angular leg 36 are integrally molded to ~~form~~ form a homogeneous support structure[[s]] 18. FIGS. 1-3 show two support structures 18 mounted on opposite sides of the target panel 12.

Under the section entitled, “*Detailed Description of the Embodiment,*” paragraph 5, please make the following changes:

It is contemplated that to releasably connect the target panel 12 to the support structures 18, an upper brace 38 and a lower brace 39 are integrally formed on each end of the vertical ~~leg~~ legs 34 of the support ~~structure~~ structures 18. The upper and lower braces 38, 39 each have a substantially U-shaped configuration wherein the opening of the U-shape opens to the target panel 12 so as to receive side portions of the target panel 12. A slide or snug fit is provided between each of the upper and lower braces 38, 39 and the target panel 12 such that the target panel 12 does not move upon being struck by the thrown projectile. The slide or snug fit also allows for the support structures 18 to be easily separated from the target panel 12 for easy assembly and disassembly of the apparatus 10.

Under the section entitled, “ABSTRACT,” please make the following changes:

A throwing and catching training apparatus for ~~sports, such as baseball and softball~~ sports is disclosed. The throwing and catching training apparatus provides an upright, ~~substantially~~ rigid target panel having a plurality of elastomeric bumpers connected to the target panel wherein the bumpers are adaptable to deflect a thrown projectile in a random direction. A pair of support

structures are connected to the target panel for supporting the target panel in an upright position.

The target panel may have a cut-out portion extending through the target panel for further defining a target. An elastic mesh netting may be connected to the target panel and extend across the cut-out portion of the target panel in order that a thrown projectile may spring back from the target panel after engaging the elastic mesh netting. ~~The bumpers have a stem that is releasably connected to the target panel and a substantially circular, dome-shaped head that is integral with the stem and extends away from the target panel.~~ The shape of the bumpers allows the thrown projectile to deflect back to the user in a random direction ~~to allow the user to practice their fielding.~~